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tackles basic training

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welcomes Soldiers to area

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Thursday, August 31, 2006

America's Warfighting Center

Vol. 49, No. 35

Post, Army news briefly

In Step to double up on WIBW

Beginning Sept. 9, "In Step with Fort Riley" will be moving to Saturday mornings on WIBW TV, Channel 13. WIBW is the CBS affiliate in Topeka, Kan. "In Step" will air each Saturday morning at 5 a.m. with an additional airing at 11 a.m. Saturday most weekends.

"College football and Channel 13's required children's programming prompted us to come up with the new show schedule," said "In Step" Producer/Anchor Scott Rhodes. "We're locked in to the 5 a.m. time slot, and just about every Saturday we'll also be in the 11 a.m. time slot. This will allow more people to see 'In Step' so we're happy about it." Rhodes added that scheduling information will be added to each edition of "In Step" so viewers will be kept up to date.

"In Step with Fort Riley" is the only television show produced on a U.S. military installation that is aired on a commercial, over-the-air television station. The show and its staff have won numerous awards since "In Step" began airing in late 2001. "In Step" can also be seen on Fort Riley's cable channel 2, Community Access TV in Salina, KS, and on The Pentagon Channel.

This week's show, which runs Sept. 4 through 10 on Fort Riley's cable channel 2, includes:

- The ceremony welcoming the 1st Infantry Division's new assistant division commander (operations) to Fort Riley.
- The Soldier Salute on Poyntz, Manhattan's welcome to the "Big Red One" and
- Operation Troop Appreciation, a story about two men walking from Seattle to Clearwater Beach, Fla., to raise money and awareness for ODA.

Retirees honored

The following Soldiers and Department of the Army civilians were honored at a retirement ceremony Aug. 30 at Ware Parade Field.

Chief Warrant Officer John McClochin, 3rd Bde., 75th Div. (TS)

Command Sgt. Maj. Anthony Cady, 70th Eng. Bn.

Sgt. Maj. Michael Perez, 3rd BCT

1st Sgt. Kenneth Gillespie, 125th FSB

Master Sgt. Adam Machell, HHC, 1st Inf. Div.

Sgt. 1st Class John Kapteyn, 1st Bn., 16th Inf.

Sgt. 1st Class Eva Pearson, 1st Army Support Signal

Sgt. 1st Class Lance Antilla, Co. D, 2nd Bn., 34th Armor

Sgt. 1st Class Todd Whitlock, Co. A, 70th Eng. Bn.

Sgt. 1st Class Michael Robinson, HHC, 1st Bn., 41st Inf.

Sgt. 1st Class Steven Krpan, Co. D, 2nd Bn., 34th Armor

Staff Sgt. Charles Brumleve, MEDDAC

Staff Sgt. Oliver Raglin, 1st Bn., 34th Armor

Sgt. Steven Batts, 1st Bn., 13th Armor

Lucy P. Gonzalez, SWCPOC

Andy Atchison, DOL

Patricia Green, MEDDAC

Right-seat ride



Post/Morelock

Members of one of a Military Transition Teams training at Fort Riley search for "insurgents" in a building at urban cluster site three. Soldiers from 1st Bn., 16th Inf. were on hand to observe the training and take part as observer/controllers in preparation for the battalion's take over of the training October 16.

'Iron Rangers' prepare to take over training

By Anna Morelock

Staff writer

Soldiers from one of the Military Transition Teams training on post crashed through doors and made their way up steps in search of "insurgents" Aug. 24 at one of the urban cluster sites.

Close behind the teams and lurking throughout the buildings were the observer/controllers from 2nd Brigade, 91st Division (Training Support) from Fort Carson, Colo., who have been training the transition teams since the teams' arrival at Fort

Riley this summer.

Behind the "Dagger" Brigade Soldiers were Soldiers from 1st Battalion, 16th Infantry, the first 1st Infantry Division Soldiers to take a right-seat ride position to prepare for the division's take over of MITT training this October.

"We're the first battalion to start the process of handing off events," said Capt. Fredrick McLeod, commander of one of the 1st Bn., 16th Inf. O/C teams. The events being handed off to the "Iron Rangers" include urban operations, mounted combat patrols and cordon and search.

The "Iron Ranger" O/C team, made up mostly of enlisted Iraq and Afghanistan veterans, has been through two O/C academies and were at the urban cluster site Aug. 24 observing and getting tips from the Soldiers of the "Dagger" Brigade, McLeod said. One of the main focuses of the O/C team's interaction was learning how to work with and train senior personnel.

"They know the basics of all this stuff because we're all infantrymen," McLeod

See O/Cs, Page 3

'Big Red One' welcomes new ADCO

By Anna Morelock

Staff writer

Maj. Gen. Carter Ham, commanding general 1st Infantry Division and Fort Riley welcomed the division's new "O" at a ceremony on Ware Parade Field Aug. 22, although, Ham joked,

the new assistant division commander (operations), Brig. Gen. James Yarbrough, would have preferred a welcome bass fishing tournament.

"We feel like we've won the lottery," Yarbrough said of his assignment to Fort Riley and the "Big Red One." As soon as he

found out he was headed to Kansas, the Fort Riley people started peeking their heads into his Fort Benning, Ga., office asking if he'd ever been to Fort Riley, he said.

"You'll love it there," he said he was told again and again.

Fort Riley is the prettiest post he's been assigned to, Yarbrough told the crowd. "It's pretty obvious there's a special spirit here."

That special spirit is not just on post, Yarbrough commented, but also in the communities surrounding Fort Riley. "Our communities

are so united to support Fort Riley soldiers and their families.

There's a certain energy and unity

here that we just haven't felt at any other place. I'll tell you, I start to every clerk at Home Depot — trust me I've met them all in the past few weeks," he joked.

Ham was just as enthusiastic to have Yarbrough join the "Big Red One" staff as Yarbrough was to be in Kansas.

"He possesses that rare blend of personal and professional characteristics," Ham said of Yarbrough, "which cause us mere mortals to say to ourselves when we're in his presence, 'you know when I grow up I'd like to be like

See ADCO, Page 2



Assistant Division Commander (Operations) Brig. Gen. James Yarbrough, speaks to the crowd at a ceremony welcoming his to the "Big Red One" and Fort Riley Aug. 22 at Ware Parade Field.

Post/Morelock

Lessons from the past help 'Rangers' stand up

By Eric Eichbauer

2nd Bn., 16th Inf.

No one said building a unit from the ground up would be easy, but it seems to be a task the 2nd Battalion, 16th Infantry Regiment, "Rangers" are turning into an advantage by relying on some lessons from the past.

The 2nd Bn., 16th Inf., arrived at Fort Riley in January as a light infantry battalion looking to raise the bar on standards. Although facing the challenges associated with being one of the 1st Infantry

Division's newest maneuver units, the "Rangers" are training hard to force themselves into skilled and versatile warriors.

Recently, Company A was the final unit to complete team and squad live fires, allowing the battalion to graduate to the more challenging and comprehensive squad evaluations known as "Dragon Flight."

"Dragon Flight" requires each infantry squad to tackle the basic building blocks of Army tactics: battle drills. Squads will evaluate themselves and benefit from the guidance and input of outside

observers as well.

For two days, the squads will run continuous 24-hour operations, giving them insight to their strengths and weaknesses. With the focused eyes of external evaluators and experience from within the ranks, the "Rangers" will train to build a foundation which will earn them success in future large-scale operations.

The young, hungry Soldiers are ready to embark on a new challenge. But to think of the 2nd Bn., 16th Inf., as merely a new unit would be to forget the unit's long tradition of service to the nation.

The "Rangers" spent many years at Fort Riley before being inactivated on April 10, 1996. It was at Fort Riley that 2nd Bn., 16th Inf., completed its legacy as a mechanized infantry battalion under the 1st Infantry Division's banner before being reborn into the light infantry fighting force it is today.

Ironically, one of the unit's senior leaders finds himself back in the unit where he began his Army career as a novice officer more than a decade ago. Maj. Brent Cummings, the battalion executive officer, started his

career as a platoon leader in the 2nd Bn., 16th Inf., before it was reflagged to the 1st Bn., 41st Inf., in 1996.

"I was in 2-16 from 1992 until 1995," Cummings said. "It was my first assignment; I was a second lieutenant. I've held every rank an officer can hold from lieutenant to major at 2-16 at different times."

Comparing the differences in the battalion of then and now, Cummings said: "We're completely different now. We're a

See "Rangers," Page 2





2nd Bn., 16th Inf.
PFC Matthew C. Brown, Company A, 2nd Bn., 16th Infantry, bounds to an alternate firing position while executing a squad live fire exercise.

'Rangers'

continued from page 1

light unit; we're modularized. Even the infrastructure of this light infantry unit is different from other light units that have been in the Army. What we're doing is different from anything I've been a part of in the Army. I've never come to a unit where everybody's come in at the same time."

The "Rangers" find themselves in a situation that affords them the opportunity to set the standard as they see fit. Although many of the Soldiers do not have the experi-

ence often found in standard units, they are forming the spirit worthy of "Rangers." The Soldiers are putting to work for themselves what may seem at first glance as a disadvantage.

"The best part about coming into a company, setting it up from the ground up, whether a squad leader, whatever, is you don't have to break anybody's bad habits," said Capt. Smith, Company A commander. "You go to a unit that's been around for a while, they got a lot of company

SOPs and ways of doing business that don't jive with what you do. See, I don't have to worry about rocking the boat because I'm putting the boat into motion."

Considering possible improvements to the battalion's previous incarnation here, Cummings said, "Units are about people, and that battalion can never exist again. Those people are either promoted or left the Army; they're gone. But, I can take my experiences from that unit and bring them forward here."

ADCO

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Jim Yarbrough.' He has simply put done it all."

Yarbrough started his military career in 1979 after graduating from Tulane University and commissioning as a second lieutenant in the Infantry. From there he went on to serve in numerous positions, the last of which was as the deputy commanding general

at the Army Infantry Center at Fort Benning.

In addition to his bachelor's degree from Tulane, Yarbrough also has a Master of Arts degree in business management and a Master of Strategic Studies degree from Webster University. His military education includes air assault, airborne, ranger and

pathfinder schools.

Yarbrough and his wife Cathaleen, of Fayetteville, N.C., have four children, Jessica, Jennifer, Julia and Jeffery.

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.

HOUSE FILL AD

BRIGGS
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Post/Morelock

MITT Soldiers look both ways before crossing the street at urban cluster site three Aug. 24. Behind the Soldiers, a group of "insurgents" stands against the CONEX wall.

O/Cs

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said of the Soldiers on his team, "it's just basically learning to see how (the "Dagger" Brigade Soldiers) work with senior personnel."

MITT teams are made up of higher-ranking non-commissioned officers and officers including majors, lieutenant colonels and even some colonels, McLeod said.

"I think it's probably a little

intimidating for the younger guys," he said. "The older guys, they're used to telling a Soldier to 'go do it' or 'just do it.' Well, you can't do that when he out ranks you."

Sgt. Austin French agreed that training senior personnel could be intimidating for some. However, he said, "If you just talk to them like men and address them right, then you're okay."

Following the transition team through the CONEX village, the O/Cs took notes and sometimes offered advice to the trainees. Afterwards, the O/C group gathered in front of a stripped car on the street discussing what they saw.

Sgt. 1st Class Rodney Niles, 2nd Bde., 91st Div. (TS), started off the quick note-comparing session. Around him, other members of the "Dagger" Brigade O/C team and the fledgling "Iron Ranger" O/Cs chimed in with their observations in preparation for the after action review.

With a week of night-seat riding under their belts, the "Iron Ranger" Soldiers will move to the left seat to take charge of the training under the supervision of the "Dagger" Brigade. On Oct. 16, the Soldier will be on their own to take over their events in the MITT 60-day training cycle.

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Post/Morelock

O/Cs from 2nd Bde., 91st Div. (TS) compare notes with the Soldiers from 1st Bn., 16th Inf. before the after action review Aug. 24. The "Iron Rangers" are the first Soldiers from the 1st Inf. Div. to start taking over training of MITTs.

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CG, mayors discuss community relations at press conference

By Stephanie Perrin

Asst. Media Relations Officer

Fort Riley's surrounding communities can serve as an example for communities around the nation, said Maj. Gen. Carter Ham, commanding general 1st Infantry Division and Fort Riley, during an Aug. 22 press conference.

Ham was joined by Junction City Mayor Terry Heldstab and Lyle Butler, president and chief executive officer of the Manhattan Area Chamber of Commerce to discuss the relationship Fort Riley has with Junction City and Manhattan.

The press conference followed a 4:30 p.m. retreat ceremony welcoming Brig. Gen. Jim Yarbrough, assistant division commander (operations), to the post.

"This afternoon we had the opportunity to officially welcome Brig. Gen. and Mrs. Jim Yarbrough as the assistant division commander for operations," Ham said. "We are appreciative to have Gen. Yarbrough and his family here as great additions to the command."

Ham also praised the support and attendance from the surrounding communities during the Yarbrough's welcome. "It was a wonderful ceremony, well attended by the community as an indicative part of just how closely linked Fort Riley and the surrounding communities are."

The increase of Soldiers to the post has placed challenges for the surrounding communities and Ham thanked Butler and Heldstab for their communities' commitments to the post and its Soldiers.

"It's been a period of great

turbulence for the Soldiers, for the families and for the communities as there has been a lot of change, and there is still a lot of change to come," he said. "The work that the state of Kansas and the various counties and local officials have done to welcome us back here, to make this feel like home for Soldiers and families is very, very important, and we are most appreciative of that."

Area cities meet post's needs

Junction City leaders have rolled up their sleeves and gone to work to meet the post's needs in the required areas, Heldstab said. The Geary county voters passed education and hospital bonds as well as starting more than 50 housing developments, he said, naming a few of the ways the city has worked to meet Fort Riley's requirements.

"We're doing whatever it takes to take care of the Soldiers. We are working on child-care, housing, anything we can do," Heldstab said. "We just want to continue the great relationship we have with Fort Riley, and we appreciate you being our neighbors. You're great neighbors."

Butler praised Manhattan and other communities surrounding the post on their collaborative effort to help with the influx of Soldiers expected to arrive to the area with the return of the division.

"One of the most significant things that has occurred over the last several years is a real willingness to cooperate as a region. There have been probably more opportunities than ever before, and our local communities have stepped forward and I think are meeting the needs," Butler said. "The number one priority of

Manhattan and the region is the Soldiers and their families. It is a great asset to work together and have the cooperation of the fort and other communities."

Post, communities 'something special'

Ham stressed the importance of the surrounding communities and the post to continue successfully working together during the post's transition that is expected to last several years.

"A lot of change has occurred, and there is still a lot of change yet to come. Over the next several years, there will be constant change at Fort Riley as units deploy and redeploy and over time as we gain in strength to the end state that we ultimately want to be in," he said. "Always the concern is 'do the resources we need match the missions that we have?' As our missions evolve, we have to make sure that we have all the necessary resources. With the local communities, that extends to the things that occur off post."

Ham said he has had a steady smile since his arrival at the post, Aug. 1, and he greatly appreciates the support from the surrounding communities.

"What strikes me most about this division and this post is that this area views the 1st Division as their division. There is real ownership and pride in what the Soldiers are doing. It's unlike any community that I've been in or any unit I've served in before," he said. "If we can bottle that enthusiasm that is in these communities for this division and its Soldiers and help other communities embrace their military installations and their units, then we will truly have something special."

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'Dreadnaughts' add companies, transition to new mission



By Anna Morelock
Staff writer

The "Dreadnaughts" added two new companies to their battalion line up Aug. 25 during a reorganization ceremony.

Companies D and E unfurled their colors underneath the World War I monument at Camp Funston, which the battalion now calls home.

The new companies, along with the old, will begin preparations to take over the training of Military Transition Teams at Fort Riley Oct. 16 from 2nd Brigade, 91st Division (Training Support) out of Fort Carson, Colo.

Lt. Col. David Seigel, 2nd Battalion, 34th Armor commander remarked on the significance of holding the ceremony in the shadow cast by the towering limestone monument.

The monument was "built in honor of those 50,000 Soldiers that trained in this very river bottomland in 1917 and 1918 where you are standing or sitting - and then later deployed and fought in

The Great War," he commented.

"I bring that to your attention because history has a funny way of repeating itself," Seigel said. "In the coming months thousands, yet again, will be training down here and elsewhere on Fort Riley to get ready to fight overseas in a war that has global impacts - and we're going to ensure they are ready to go and succeed in their mission."

Due to the battalion's reorganization its personnel strength will be significantly reduced, Seigel told the Soldiers and community members gathered at the ceremony.

However, he continued, the individual Soldiers' ability to make a personal impact in a positive way on the Global War on Terror increases greatly for each and every one of the "Dreadnaught" Soldiers. As observer controllers for the transition team training mission the "Dreadnaught" Soldiers, along with others from the 1st Infantry Division, will be directly responsible for preparing transition teams over a

60 day period.

During the ceremony, Capt. Todd Shore took command of Co. D and Capt. Phillip LaCasse received command of Co. E.

After activating the two companies, Seigel took a moment to remember the two "Dreadnaught" Soldiers killed during the battalion's deployment in support of Operation Iraqi Freedom in 2005. "They are truly the great Americans that have sacrificed the most of all," he said.

In honor of the fallen Soldiers, Seigel unveiled and presented the Soldiers of the battalion with a statue donated by Pete Biddle, a "Dreadnaught" Vietnam veteran. The statue, resting on a table in front of the monument was uncovered and donated to the battalion in memory of the "Dreadnaught" Soldiers lost during OIF. "We'll always proudly display it in our battalion headquarters," Seigel said of the statue.

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Post/Morelock
"Dreadnaught" Commander Lt. Col. David Seigel (left) and Command Sgt. Maj. Douglas Falkner unroll the Company E colors during the battalion's reorganization ceremony Aug. 25 at Camp Funston.

Inactivation

continued from page 1

The Army reactivated the 331st on March 1, 1970, and sent it to serve in six campaigns of the Vietnam War before again being inactivated on Feb. 26, 1972.

The company was reactivated at Fort Riley on Dec. 1, 1995, and served with the 1st Brigade Combat Team, 1st Infantry Division, in support of Operation Iraqi Freedom.

...

Lt. Col. Christopher T. McCurry, 101st Forward Support Battalion commander, lauded the company's recent performance at the Joint Readiness Training Center at Fort Polk, La.

"The company was tasked with establishing coms (communications) immediately after downloading its equipment from the railhead," he recalled, instead of testing their equipment before establishing communications networks.

"The Soldiers and leaders adapted magnificently," McCurry said, "impressing everyone involved, to include the senior O/Cs (observer/controllers) at the JRTC because of the Big Dawgs' technical expertise and outstanding combat readiness."

McCurry said the signal company's training in motorized operations set the standard for other units in the battalion. "When the 101st was assigned the mission to train the brigade's SecFor (Security Force) companies for their upcoming deployments to Iraq, it was clear we needed to tap into the expertise of the 331st."

"The 'Big Dawgs' supplied the majority of the leaders and Soldiers toward this critical, brigade-level capstone training event for our deploying SecFor Soldiers," he said.

...

Breslow's emphasis on training

was matched by her concern for the families of her Soldiers, McCurry told the audience gathered for the inactivation ceremony.

She and several Family Readiness Group leaders "formed one of the most productive FRGs I've ever seen," he praised. "Every 'Big Dawg' family was cared for with the utmost dignity and respect."

The company's Soldiers "also led the charge for the battalion's school sponsorship program with Sheridan Elementary School in Junction City," McCurry continued. "Half of the faithful Soldiers who supported Sheridan Elementary last year were 'Big Dawgs' who made a lasting and positive impression on these students, he said.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.



Post/Heronemus
Spec. Derrick Lane presents the 331st Signal Co. guidon to Capt. Anastasia M. Breslow (right), company commander, and 1st Sgt. Richard A. Jones.

Post, Army news briefly

Motorcycle classes set

Fort Riley now has a full-time Motorcycle Safety Foundation instructor, Chris Maurich. Maurich instructs the Experienced Rider Course and the Basic Rider Course for street bikes. Starting in September, there will be a Basic Rider Course and an Experienced Rider Course conducted weekly.

The Basic Rider Course will be conducted on Tuesday and Wednesday of each week starting from 9 a.m. to 5 p.m. at Building 407. Motorcycles and helmets are provided.

Attendees need to wear a long-sleeve shirt and pants, over the ankle shoes and full fingered gloves.

The Experienced Rider Course will be conducted every Friday from 9 a.m. to 5 p.m. at Building 407. Attendees bring their own equipment for the Experienced Rider Course.

For more information, contact Maurich on Mondays and Thursdays at 239-8499.

ID Card office closed

Because of a Reserve unit demobilization on Sept. 7 and 8, the ID Card Branch, in Building 212, will be closed to all but emergencies (e.g., lost or stolen ID Cards, etc.).

Work slated for barriers

Installation of pop-up barriers on Fort Riley will resume Sept. 5 at the 12th Street gate. Inbound traffic will be routed north on K Street and west on the first street behind the dog kennels to I Street. At that point, traffic may go south back to 12th Street or north to Seventh Street.

Outbound traffic will continue to use 12th Street to exit the post.

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Page 5



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Fort Riley Community Life

Thursday, August 31, 2006

America's Warfighting Center

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Community news briefly

Freedom Walk scheduled

Ware Elementary students and staff will participate in the Freedom Walk in conjunction with America Supports You Sept. 11 at 2 p.m. The walkers will walk from Ware Elementary School around the McClellan Loop housing area.

This is Ware's first year participating in the 2nd annual Freedom Walk. The walk is to establish a national tradition to reflect on the lives lost on Sept. 11, renew our commitment to freedom and the values of our country, and to honor our veterans, past and present. Ware students and staff will be dressed in red, white and blue and carrying American flags.

The procession will be led by Fort Riley DARE and military police cars and followed by the Junction City High School JROTC color guard, the Junction City High School drum line and the Fort Riley fire department. Also supporting Ware will be the 4th Battalion, 1st Field Artillery.

The parade is open to the public. Those wishing to join in the parade may do so by following our fifth grade students just before the fire engine. The public is also encouraged to line the parade route and show their support.

For more information contact Pat Olmstead at (785) 717-4624 or PatOlmstead@USD 475.org.

Clock ticking once again

Fort Riley's Main Post just wasn't the same without the clock at the US Cavalry Museum in working order.

The clock needed a mechanic overhaul that could have been costly if it was not for the collaboration of the Historical and Archaeological Society of Fort Riley and 610th Brigade Support Battalion. HASFR reached out to the military community and was not surprised to find a unit that takes pride in our historic post, was willing to help, and backed that up with skilled soldiers who were able to work on a historical clock.

Mechanics of the 610th BSB gave the clock a much-needed mechanical inspection and made necessary repairs to the historical timepiece.

Library sets storytimes

Storytimes will be held Sept. 2 and 9 at 1:30 p.m. and 4:00 p.m.

For more information contact the library at 239-5305.

Teen Center activities listed

Sept. 9 - 9 a.m. to 6 p.m., Red Cross CPR & first aid class for teens

Sept. 15 - 6 to 9 p.m., Newcomer's Ice Cream Social
For more information contact the Teen Center at 239-9222.

Stay In Step with Fort Riley

See what's happening on Fort Riley cable Channel 2 every day at 6:30 a.m., 8 a.m., noon, 6 p.m. and 10 p.m.

Carlin speaks about paving the way



Sydney Carlin

By Mike Heronemus
Editor

When things aren't right, someone has to pave the way, Kansas Rep. Sydney Carlin seemed to be emphasizing to her audience at the post observance of Women's Equality Day Aug. 25 at Riley's Conference Center. She illustrated her points with references to women in America's history who played prominent roles in

achieving some equality for black people of their time and obtaining the vote for women.

She added a personal example in much more recent years and the example of women in the military throughout the Army's history and today in Afghanistan and other countries.

Carlin's introduction to politics came when her county commission decided to expand the county jail with plans to put it on a public playground

across the street from the Catholic school her children attended.

When the church's priest protested the commission's decision, he was told he had "no right to tell the commission what to do." That realization of prejudice prompted Carlin and six other women to gather around a kitchen table and to organize a protest group to stop the commission's plans.

It took 12 years, but they succeeded in their quest after several significant failures and a public education

effort that constantly jumped hurdles placed before them by the politicians already in power, she said.

Carlin and other women in her original Jail CORP (Coalition for Responsible Placement) have gone on to leadership positions in their chosen fields of government, education, women's betterment and the military. Along the way, they learned how to battle the inequality that exists in our

See Equality, Page 11

Welcome to town



The 1st Infantry Division Band, led by Drum Major Staff Sgt. Keith Cassant plays it's way down Poyntz Avenue during the Soldier Salute on Poyntz Aug. 24 in Manhattan. The event, which was held to welcome Soldiers to Manhattan, also included the Commanding General's Mounted Color Guard and Soldiers carrying brigade and battalion colors.

Post/Morelock

More photos

See page 12 for more photos from the Soldier Salute on Poyntz.

Below: Maj. Gen. Carter Ham, commanding general 1st Inf. Div. and Fort Riley, dons a Kansas State University baseball cap during his remarks at the Soldier Salute on Poyntz.

Post/Morelock

Manhattan honors Soldiers during event

By Anna Morelock
Staff writer

Soldiers, community members, horses, flags and music filled downtown Manhattan Aug. 24 for the Soldier Salute on Poyntz, an event put on by the Manhattan Town Center Mall and Downtown Manhattan, Inc. to welcome home the "Big Red One."

The Commanding General's Mounted Color Guard and 1st Infantry Division Band led a procession of Soldiers carrying brigade and battalion colors from 5th

and Poyntz Avenue to the plaza area at the mall.

At the mall, Manhattan Mayor Bruce Sneed introduced Maj. Gen. Carter Ham, commanding general, 1st Inf. Div. and Fort Riley, who briefly spoke to the gathered crowd.

"There is a long and storied partnership between Fort Riley, the 1st (Infantry) Division and the city of Manhattan," Ham said. "This evening we reestablish, formally, that bond."

Standing with the CGMGC to his

See Salute, Page 12



Tips to pick a diet that works

By Bethany Deschamps
Chief, Nutrition Care Division



Bethany Deschamps

In today's society, the diet and nutrition industry has become a vast area of confusion. One day, the low-fat, high-carbohydrate diet is the best to follow; the next day the high-fat, high-protein, low-carbohydrate is the ticket for weight loss.

Adkins, Weight Watchers,



FOR YOUR
HEALTH

Body for Life, Slim Fast, Dean Ornish, Dr. Phil, Food Guide Pyramid, the list goes on and on. Then, to make matter worse, every day there seems to be some kind of weight loss trick to try: "Grapefruit juice causes fat loss."

"Consuming 24 ounces of milk causes the mobilization of brown fat."

"Try Centrum's weight smart multi-vitamin."

"Fast for 24 hours to cleanse the body and lose weight."

"Eat three apples a day."

"Replace two meals with a bowl of Special K and lose 10 pounds."

"Don't eat after 6 p.m. and lose weight."

"Have a shake for breakfast and lunch, then a sensible dinner."

It is never-ending. In this vast industry of conflicting and confusing information, there is a good diet out there for everyone. To find that magical one that will result in long-term weight loss success, there are a few things to consider:

See Dieting, Page 13

Willie the Wildcat gets down to basics

By Kirk Luedeke
4th IBCT PAO

mascot finished with flying colors.

"He was in pretty fair condition," said Sgt. 1st Class Byron Townsend of Headquarters and Headquarters Troop, who served as a drill sergeant overseeing Willie's training. "With a little more work, he'll be up to speed. We'll be glad to have him back anytime."

Willie gets briefed for his day

Willie began the day with a risk reduction briefing to ensure course Aug. 21, and the Wildcat

See Willie, Page 10





Willie continued from page 9

safety at all times, then lined up with other Soldiers from A Troop to take on the obstacles one by one.

He initially struggled to get himself up and over the low wall but made up for lost time on the cargo net, which he scaled effortlessly in true feline fashion.

Sgt. 1st Class Kevin Wheeler of B Troop, Willie's other drill sergeant, saw value in the Wildcat's willingness to get down and dirty cavalry style in preparation for the physical and mental challenges that face him when his real work as K-State mascot begins.

"I think it builds a good working relationship between Kansas State and Fort Riley," Wheeler said. "Since the Big Red One is back in business, it makes sense that Willie would want to come out here and be a part of our team for a day."

Willie slips up, but doesn't quit

Willie wasted little time proudly showing off the Big Red One patch on his brand new Army Combat Uniform as he negotiated other obstacles and kept pace with his A Troop comrades who shout encouragement at every turn.

The execution of the course did not come without setbacks, though.

One obstacle in particular gave Willie fits. He was forced to climb a slippery rope, then shimmy across a 10-meter horizontal steel bar and jump down on the other side. As the other Soldiers around him scaled the rope and eased themselves across the bar, they watched eagerly as the intrepid wildcat refused to quit. Willie finally gained a handhold at the top of the rope, hoisted his body and oversized head up onto the bar, and then wiggled across the

span to the boisterous cheers and applause of his new friends.

After meeting that challenge with gusto, the other obstacles posed little difficulty for Willie, who picked up speed and confidence with each new event, sprinting across the open field and over the finish line near the head of the formation.

At the end of the course, Willie received instruction in some basic army combatives moves from B Troop's Spc. Aaron Genevie. Ever the quick study, Willie turned the tables on Genevie at the end, scoring a textbook hip throw and arm bar, and a nod of approval from his instructor.

Willie gives training thumbs up

Afterwards, Willie the Wildcat received a certificate of completion compliments of the 1st Sqdn., 4th Cavalry Regiment and 4th Infantry Brigade Combat Team and gave a "thumbs up" to the training he received.

He wasn't quite able to escape the vigilant eyes of his drill sergeants, who made Willie get down with the rest of the troops and knock out more than a few four-count push-ups just to remind him that even at the end of a well-executed training event, there is always more work to do.

Willie was not able to comment directly on the story, but through his handlers, said that he was proud to get some real cavalry training and that the instruction he received was "tough." He is, without a doubt, ready for the coming season.

And, after everything Willie went through on the obstacle course, working the sidelines and crowded stands at the KSU games just might be a bit of a cakewalk for him.



4th IBCT/Luedeke
Sgt. 1st Class Kevin Wheeler, B Troop, 1st Sqdn., 4th Cavalry Regiment, left gives a safety briefing to Willie the Wildcat and other Soldiers prior to the execution of the obstacle course.



4th IBCT/Luedeke
Willie the Wildcat demonstrates his impressive agility as he negotiates the two-rope bridge at the Fort Riley obstacle course along with Soldiers from the 1st Squadron, 4th Cavalry Regiment.

Community news briefly

Apple Days almost here

School is back in session, the pools are closing and mums are starting to appear on front porches. All this is a sure sign that Historical and Archaeological Society of Fort Riley's Apple Days are just around the corner. For residents new to the area, Apple Days are a week long preparation for THE Apple Day (Fort Riley's open house) on September 30th. Every year HASFR sponsors the making and selling of apple pies. Pies can be pre-ordered or bought on Apple Day. Each pie costs \$8.00 and will come to you frozen and wrapped, ready for your oven. Profits from this fundraiser are returned to the community in the form of scholarships and donations to charitable organizations. In addition, profits are used to finance HASFR events such as Ghostours, fund the up-keep of the Custer House, support the enhancement of historical sites on post, and help with the re-printing of the Book "Woody Pride" a book on the history of Fort Riley.

Pie volunteers needed

As every year, the outpouring of volunteer help has been tremendous already. But, it is not too late to offer your assistance to support Apple Days. HASFR is still looking for volunteers (individuals or groups) to make apple pies at the dining facility on Drum Street (Building 7856). HASFR provides all ingredients, all volunteers need to bring is their helping hands and a willingness to have a great time. To become involved in this apple-licious event, to volunteer, or to request an order form for apple pies, please e-mail Libby Hudson at chudsonjr@aol.com.

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Community news briefly

SAS offers free childcare

Free childcare will be offered Sept. 9 from 10 a.m. to 1 p.m. for families of deployed Soldiers and those who have returned within the last three months. For more information contact School Age Services at 239-9220.

SFSC lists activities

The following classes held at the Soldier and Family Support Center:

Sept. 12 – 8 a.m. to 5 p.m., First term Soldier financial readiness class.

Sept. 13 – 9 a.m. to noon, Checkbook management, banking services and basic budget development class.

Sept. 13 – 1:30 p.m., Permanent change of station briefing – Germany.

For more information on these classes contact the Soldier and Family Support Center at 239-9435.

Auto Skills class offered

The basic auto repair class will be held Sept. 7 from 6 to 7 p.m. and an advanced auto repair class will be offered Sept. 14 from 6 to 7 p.m. at the Auto Skills Center. For more information, contact the Auto Skills Center at 239-9764.

Pre-kindergarten program starts

Fort Riley and the Geary County Pre-Kindergarten Program will offer services for 40 4-year-old children of active duty military at the Normandy Drive Child Development Center.

Children must be 4 years old by Aug. 31. Services will be offered from 9 a.m. to 1 p.m. and will be held in conjunction with the Geary County school year calendar (185 days a year).

All classroom activities and program planning will follow the research-based Creative Curriculum framework. The Kansas Quality Rating System (KQRS) assessment will be implemented as part of the Pre-K program twice annually.

A limited waiting list will be maintained to ensure that all class slots are utilized throughout the school year. New center and parent orientation will be scheduled as parents register.

CYS Registration is required to attend the Fort Riley Pre-Kindergarten program.

Information can be obtained at Child and Youth Services, Central Registration Office Building 7434 or by calling 239-9450, 239-9478, 239-5440 or 239-5077.

Spiritual Rangers set to meet

The Spiritual Ranger program is designed to help the middle school and high school age student transition from boyhood to godly manhood through a series of spiritual and physical training exercises. Spiritual Rangers generally meet on the second Sunday of each month. The first meeting will be held Sept. 10. Male adult volunteers are needed. For more information, please contact Don Ersson at 239-0979.

Equality

continued from page 9

society, but Carlin admitted they did not face the obstacles the early champions of women's rights faced or even that women in some other countries still face.

For example, the women in Afghanistan have practically none of the freedoms that women in the United States enjoy, she said. They have no choice in who they marry, no choice in their education and no say in business, she pointed out, although that is beginning to change.

The military, too, she said, has had its periods of inequality between the sexes. Even today, however, some prohibitions restrict women from being everything that male Soldiers can be, she reminded.

In her situation regarding the new jail, it was three entrenched

male politicians who made the initial decision about where to put a new jail. They had not thought about, or had no concerns about, the inmates contained by large fences and razor wire being so close to a school and church and the effect that might have on the students.

The six women might not have won their battle without garnering noticeable community support to give their concerns a popular voice. With that support, Jail CORP accomplished its goal, she said.

"When we work together, we accomplish the most," she said.

Mike Heronemus can be contacted at mike.heronemus@riley.army.mil or 239-8854.

KSU sets outdoor film series

Kansas State University

MANHATTAN – Outdoor film-viewing will be offered at Kansas State University with Movies on the Grass 2006.

The series offers an opportunity to engage in social issues while socializing on the Coffman Commons outside Hale Library. The free films will be shown on a wide-screen outdoor projection system Sundays through Sept. 17. Activities start at 7 p.m. The films start at 8 p.m.

Films in the series include:

Sept. 10 — "End of Suburbia" asks what's in store for the American way of life as the planet approaches a critical era.

Sept. 17 — "Invisible Children," a look at Africa through its children's eyes.

The films were selected by an organizing committee representing K-State Libraries, the Dow Chemical Multicultural Resource Center, Women's Center, the Campaign for Nonviolence, Crossroads, Amnesty International Chapter 254, Progressive Coalition, Students for Environmental Action and the Art Student Council.

Sponsoring campus organizations will provide tables of information about their activities and resources and facilitated after-film discussions are encouraged.

For more information, call Rhondalyn Pears, the Dow Chemical Multicultural Resource Center in Hale Library, at (785) 532-7288.

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Members of the 1st Inf. Div. Band's jazz combo entertain before the Women's Equality Day observance at Riley's Conference Center Aug. 25.
Post/Heronemus

Marriage and military life

A little effort combats marriage boredom

By Gene-Thomas Gomulka
Retired Navy chaplain

Dear Gene-Thomas,

Thank you for your column and your efforts to help military couples have good marriages. After being married 10 years, I regret to say there is very little romance in our lives....
— Kim

Dear Kim,

How many marriages could be saved either from dissolution or boredom if spouses put a little more effort into being romantic? Unfortunately, you are not the only wife, either military or civilian, who would like to rekindle the love that brought you and your husband together.

It's Saturday night and you have a hot date. You're concerned with how you look and plans are in place for what you hope will be a very romantic evening together. You enjoy an intimate candlelight dinner with soft background music and more than just superficial conversation. You feel like you've never been happier in your entire life. The interior feelings that each of you have for one another grow and in time are externalized in a memorable and joyous wedding celebration in the presence of family and friends.

About the author

Gene-Thomas Gomulka is a retired Navy chaplain and author of "The Survival Guide for Marriage in the Military."

Have a question? Write Gene-Thomas at letters@plaintec.net



Years later, it's Saturday and you and your spouse find yourselves very tired after a long week. The kids, around which your lives seem to evolve, place great demands on each of you. Will this Saturday night simply be a time to recharge your batteries or can it be an opportunity to reawaken many of the feelings of love and romance that predated your marriage?

What can couples do to help maintain romance in their lives? Here are some romantic weekend suggestions that may prove helpful:

- Send the kids away to their grandparents, relatives or friends so you can be alone together at least from Saturday to Sunday afternoon.

- Make reservations for dinner at an upscale restaurant where you can both dress up and have a quiet, intimate dinner together.
- Go for a romantic walk

together, preferably in a scenic area where, in addition to holding hands, you can also sit and chat about the "good times" you've shared over the years.

- Get a romantic movie, perhaps one that dates back to when you were dating or one that has always had special meaning in your lives.

- If you don't spend Saturday night in a cozy bed and breakfast or hotel, use candles, flowers and soft music to create a very romantic atmosphere in your home throughout the weekend.

Have you ever given your partner a spontaneous kiss in public?

Have you ever hidden a love note to be discovered or sent your partner a card apart from his or her birthday or Valentine's Day?

Have you ever called your partner at work or at home and said, "I just called to say 'I love you'?"

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The Commanding General's Mounted Color Guard leads the procession back down Poyntz Avenue Aug. 24 after remarks by Manhattan Mayor Bruce Snead and Commanding General Maj. Gen. Carter Ham, 1st Inf. Div. and Fort Riley. *Post/Morelock*

Salute continued from page 9

right and the 1st Inf. Div. Band to his left as he looked over the crowd. Ham told onlookers that Command Sgt. Major John Fourhman had warned him earlier that he might be out of uniform that night while speaking in Manhattan. Whipping off his beret, Ham replaced it with a purple Kansas State University baseball hat.

"Now I feel like I fit in a little better," he said to the cheers and laughter of the crowd. After Ham's remarks, the procession headed back down Poyntz Avenue to attend a dinner at the Warcham Theater.

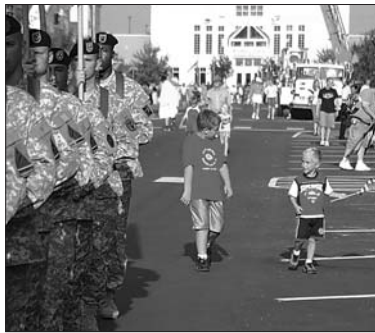
Sara VanAllen, marketing manager for Manhattan Town Center and one of the event coordinators, said the evening was designed to welcome new Soldiers and just reach out on behalf of the community. Manhattan has always had an ongoing relationship with

Fort Riley, she said, and this event is just another bridge to make that relationship stronger.

"This is just our contribution to show our support and show that (the Soldier's) dedication and contributions are such a blessing to our community," VanAllen said.

Staff Sgt. Keith Cassant, drum major for the 1st Inf. Div. Band and a new arrival at Fort Riley, said he felt privileged to take part in the event. "It's great, I think, that communities are doing something like this for us," he said. "The support has been overwhelming and I'm honored to be out here to do this."

Anna Morelock can be contacted at anna.morelock@riley.army.mil or 239-3032.



Two kids follow Soldiers carrying brigade and battalion colors down Poyntz Avenue August 24 during the Soldier Salute on Poyntz in Manhattan. *Post/Morelock*



Community members lined the streets clapping as Soldiers carrying brigade and battalion colors down Poyntz Avenue Aug. 24 during the Soldier Salute on Poyntz, an event to welcome Soldiers to the Manhattan area. *Post/Morelock*



Soldiers hold brigade and battalion colors while the 1st Infantry Division Band plays the national anthem during the Soldier Salute on Poyntz Aug. 24 in Manhattan. Manhattan Mayor Bruce Snead and Commanding General Maj. Gen. Carter Ham, 1st Inf. Div. and Fort Riley, made remarks in the plaza area in front of Manhattan Town Center Mall before the procession made its way back down Poyntz Avenue. The event was held to welcome Soldiers to the Manhattan area. *P4O/Blackmon*

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Community news briefly

SKIES dance classes offered

Child and Youth Services and the SKIES program will offer dance classes at the Middle School Teen Center, Building 5800 beginning Sept. 4. Classes will be held on Wednesdays and enrollment is \$35.

Intro to Ballet/Creative Movement – This class is a beginning dance class incorporating ballet. Classes are open to children ages 5 through 9 from 6 to 6:45 p.m. and 7 to 7:45 p.m.

Daytime Dance Dynamos – This class is a combination of dance and tumbling. Classes for children ages 3 to 4 will be held from 3 to 3:25 p.m. and 3:30 to 3:55 p.m. Classes for children ages 5 to 7 will be held from 4 to 4:45 p.m. and 5 to 5:45 p.m. Children currently enrolled in SAS are welcome to participate with a signed permission slip.

Participants must be registered with CYS to participate and can enroll at Central Enrollment Registration, Building 7434. A current sports physical is required. For more information please call 239-4847.

Chapel youth group to start

Chapel youth groups for middle school and high school students will meet on the first, third and fourth Sundays of the month in the basement of St. Mary's Chapel, Building 3, on Main Post. Beginning Sept. 17, the Middle school youth will meet from 5 to 6:30 p.m. and the high school youth will meet from 6:30 to 8 p.m.

Activities will include a devotional, food and games. Adult volunteers are needed to help with this ministry. For more information, please contact Sister Carolyn Juenemann at 239-4815 or Don Ericson at 239-0979.

Bible Lunch Tuesday set

Every Tuesday during the school year a free lunch and a short devotional are offered to Junction City High School students. Students will be picked up in the parking lot in front of the Junction City High School band room at the beginning of each lunch period or students can drive and walk to the First Southern Baptist Church on 8th Street. For more information about Bible Lunch Tuesday contact Don Ericson, Protestant director of religious education, at 239-0979.

Parent Support Group to meet

The New Parent Support Program invites all current and previous NPSP families to come and celebrate birthdays Sept. 7 at the Soldier and Family Support Center, Building 7264 from 3 to 5 p.m. NPSP will supply the cake, ice-cream and fun activities – you just need to come prepared to produce art work and enjoy socializing with other families. RSVP must be received by noon Sept. 6. For more information or to RSVP call 239-9435.

FRMS teachers receive grant

Fort Riley Middle School teachers Deb Barnes, Gloria Yates and Kelli Bartlett have been awarded a CivilConnections Grant by the National Council for Social Studies and National and Community Service. The grant will involve the teachers and their students in recording interviews and creating permanent displays about the Buffalo Soldiers in Geary County.

The three teachers attended training this past summer in Seattle, Wash. and will have further training in December to

make final plans for the implementation of the grant.

Post offers free child care

School Age Services will offer free child care from 10 a.m. to 1 p.m. Sept. 9 for children of deployed Soldiers and Soldiers who have returned from deployment within the past three months. For more information, call School Age Services at 239-9220.

Thrift Store offers more than 'Cheap Chic'

The Fort Riley Thrift Store helps people turn unwanted but still in good condition items into cash, can help them find some "trash to treasure" items to spiff up their quarters and wardrobe, or takes donated items to help families lighten their weight allowance when moving day approaches.

The Thrift Store also offers volunteer opportunities with training and free child care and even employment.

The store also gives back to the community by disbursing its profits to charitable organizations on post twice a year. Fall and spring applications will be available in October at the store.

Another important aspect of the Thrift Store mission came into play recently when several families on post became victims of home fires. The Thrift Store teamed with Picernie Military Housing to provide vouchers for free store-owned items to the affected families.

The Thrift Store team also will make arrangements to open its doors exclusively to coffee groups and Family Readiness Groups.

For more information, contact Caroline Ingram at jedi2004@yahoo.com.

Dieting

continued from page 9

Consider the word

First, understand the meaning of the word diet. By definition, diet simply means, "the usual food and drink consumed by an individual." Basically, everyone follows a "diet."

A diet should always be individually based. There is no one diet that will work for everyone. Do not follow a diet, such as Weight Watchers, because the neighbor did and lost 20 pounds. That diet worked for the neighbor, but it may not work for you.

Stick to it

Next, do not look at a diet as a short-term thing. A diet becomes a way of life. A diet used short-term may initially cause weight loss but once the term of the diet ends, a majority of the weight lost is regained and sometimes additional weight is gained.

The process of weight loss followed by weight regain is called weight cycling. Each time this occurs, fat cells become more resistant to shrinking and it makes it harder to lose weight again. Be sure to pick a diet that can be a lifestyle change, not a short-term participation.

Make yourself happy

Next, do not follow a diet that will not allow your favorite foods or at least the opportunity to enjoy your favorite foods. If you like fruit, a diet that restricts fruit (i.e., Atkins) will probably not be a good diet to follow. If you enjoy meat, the Dean Ornish diet will definitely not be a good choice.

To be able to stick to a diet long-term, it must make you happy, comfortable and not deprived. You may not be able to enjoy the foods you like in large quantities, but at least allow yourself the opportunity to enjoy them.

Regardless, eat less

Lastly, follow a diet that will cause you to eat less than you are eating right now. Any decrease in calories, regardless of what type (carbs, protein, fat, alcohol), will lead to weight loss.

To figure out an estimate of your calories, multiply your weight in pounds by 10 if you are sedentary, 12 if you do three days of physical activity a week, 14 if you exercise five days a week and 15 to 17 if you are an athlete. This will be a good estimate of calorie needs for weight maintenance. Find a diet that will decrease this number by 500 to 1,000 for weight loss.

...

Tricks out there claim to cause weight loss. Some have viable scientific evidence and a lot don't. For weight loss success, there are a few proven lifestyle habits that will assist with weight loss success.

• The first is commit to eating five to nine combined servings of fresh fruits and vegetables per day. Fresh fruits and vegetables are the most filling, low-calorie food choices. They are loaded with fiber, vitamins and minerals. They also burn additional calories through digestion. A serving of fruits would be

one small apple, orange, peach or nectarine, ½ large banana or grapefruit, one cup chopped melon or fresh berries. A serving of vegetables would be one cup fresh chopped or ½ cup cooked. Strive to choose fruits and veggies over other not-so-healthy foods. For example, one apple vs. ½ cup jelly beans is definitely more filling, less calories and a better nutritional choice and guaranteed to help with weight loss.

• Next, always stay well-hydrated. Water is the most hydrating beverage. Strive for 64 ounces (eight eight-ounce glasses each day). Sipping on cold water all day can burn up to 100 extra calories per day. A lot of times when people are thirsty, they mistake it for hunger, which can lead to additional calorie intake and weight gain. Staying well hydrated will help prevent this.

• Lastly, engage in regular physical activity. Choose activities you enjoy, put a plan in place and be consistent. Strive to begin exercising regularly three days per week for at least 30 minutes and eventually increase it to five days per week. Regular exercise can help prevent additional weight gain, assist with and maintain weight loss. Engage in regular activity with a partner or listen to music to help stay motivated.

A registered dietitian is a professional who can help you develop a long-term diet plan. For more information on diets or other nutrition topics, call the Nutrition Care Division at 239-7644 or send e-mail to bethany.deschamps@us.army.mil.

Army to begin utility billing under privatized housing

Army News Service

WASHINGTON – Some families living in privatized housing on Army installations will become responsible for their utility consumption starting Sept. 1. Fort Riley is not one of those installations.

Residential Communities Initiatives will begin billing for electricity at five installations where a yearlong mock billing program was recently completed.

The installations where billing will begin are Fort Carson, Colo.; Fort Hood, Texas; Fort Meade, Md.; Fort Lewis, Wash.; and Fort Campbell, Ky.

The year-long mock billing program established a baseline for electricity consumption through consumption patterns, housing type and size. Residents who use less energy than what was established by their baseline will earn a rebate or credit. Those who exceed their baseline will be required to pay the difference.

Residents should see their first bill on or around Oct. 1, 2006.

Only those residents living in new and fully renovated houses will receive energy bills.

"These homes feature 'Energy Star' appliances, as well as additional insulation and energy-saving windows," said Ivan Bolden, RCI assistant for policy and program manager.

"The majority of old homes are not individually metered, so it would be difficult to gauge energy consumption," he said. "But once they are fully renovated, they will be included in the billing program."

Congress passed the Military Housing Privatization Initiative in 1996, allowing the services to privatize family housing. Guidance published by the Office of the Secretary of Defense in 1998 required servicemembers in privatized housing to be responsible for the utilities they consumed.

The billing program was

established by the Department of Defense to conserve energy and track energy usage. Eventually all military branches will require residents living in privatized housing to be responsible for their energy use.

Under the RCI program, more than 72,000 family housing units at 33 Army installations have been turned over to private developers.

The companies manage the housing and collect rent through Soldiers' Basic Allowance for Housing.

In return, the companies provide property management services, renovate existing homes and build new housing.

Dollars saved through conservation will mean more money for construction of new homes and community facilities at the installation; the savings will stay local.

"It's all about providing quality housing for the Soldiers and their families and using our nation's energy wisely," Bolden said.

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Program helps wounded heal through sports

By Michael E. Dukes
WRAMC PAO

KENT ISLAND, Md. — About a dozen wounded warriors paddled outrigger canoes with military precision Aug. 13 on the Chesapeake Bay at Kent Island, Md., as a supplement to the ongoing medical care they receive at Walter Reed Army Medical Center.

The outing was sponsored by the Wounded Warrior Disabled Sports Project and the Kent Island Outrigger Canoe Club.

“Outrigger canoeing sets itself apart as a therapeutic sport because it lends itself particularly to those who are physically challenged and it’s easily adaptable,” said Julia Ray, Wounded Warrior Disabled Sports Project manager.

Volunteers from the Kent Island Outrigger Canoe Club coached the paddlers in different techniques.

“I never even heard of outrigger canoeing before becoming involved in this program,” said Lonnie Moore of the Wounded Warrior Project. Moore lost his left leg when his Bradley Fighting Vehicle was struck by a rocket-propelled grenade in Iraq.

“One of the benefits for lower extremity amputees is that it doesn’t require a lot of leg use. It’s a very adaptable sport for amputees



Wounded Soldiers paddle canoes on the Chesapeake Bay at Kent Island, Md. The Soldiers are a part of the Wounded Warrior Disabled Sports Project at Walter Reed Army Medical Center.

or people with other injuries,” Moore said.

“It’s easy for us to do this and be as good as or better than people without injuries. It gives us a sense of normalization and accomplishment,” he added.

“Military members are already a competitive group, so sports are a natural activity during recovery.”

Members of the medical center’s physical and occupational

therapy services normally join the servicemembers for sporting events, some of which have taken them to the snow-packed slopes of Colorado, the warm waters of Florida or the streets of New York City.

“It’s great to get them out, but also to let them know life isn’t over and there are still things to do,” said Debbie Hall, president of the Kent Island Outrigger

Canoe Club.

“There’s a neat interaction with each other,” Hall said of the servicemembers’ camaraderie. “I love the expressions on their faces when they get out of the canoes. It’s been an amazing experience for us, too.”

For more information about the Wounded Warrior Disabled Sports Program and Disabled Sports USA, visit www.dsusa.org on the Web.

Community news briefly

Fair admits military free

Everyone showing a military ID card will be admitted free to the state fair in Hutchinson, Kan., Sept. 17.

Saturday Mass offered

A Catholic Mass is scheduled at 4:30 p.m. Saturdays in the St. Mary Chapel, 3 Barry Avenue, on post.

For more information, call 239-4815 or 239-3359

Rally Point activities set

Sept. 1 – Family night with movie, dance and buffet from 5 to 8 p.m. and mixed dance night from 8 p.m. to close

Sept. 2 – midnight to 4 a.m., late nite hip hop with DJ Monroe

Sept. 8 – midnight to 4 a.m., late nite hip hop with DJ Monroe

For more information, call Rally Point at 784-5434

Crafts center classes listed

Sept. 3 – 1 to 2:30 p.m., Scrap Booking Get Together

Sept. 4 – 6:30 p.m., Wood Safety

Sept. 4 – 6:30 p.m., Sewing

Sept. 4 – 6:30 p.m., Stained Glass

Sept. 4 – 7 p.m., Crochet

Sept. 5 – 6:30 p.m., Ceramic Mold Pouring

Sept. 5 – 6:30 p.m., Sewing

Sept. 5 – 6:30 p.m., Stained Glass

Sept. 6 – noon to 1 p.m., Make it, Take it

Open hours for using the Arts and Crafts Center’s wood shop, ceramics studio, matting and framing studio, computer lab, photography lab and doing stained glass, sewing, quilting, basket weaving and leatherwork are:

Monday and Tuesday from 1 to 8:30 p.m.

Wednesday from 9 a.m. to 4:30 p.m.

Saturday and Sunday from 9 a.m. to 4:30 p.m.

Classes are available in the evenings and on weekends in all program areas. A schedule of upcoming classes is available at the center and in the Morale, Welfare and Recreation Guide.

For more information, call the Arts and Crafts Center at 239-9205.

New classes start in Sept.

Child and Youth Services will start some new classes in September, including gymnastics, cheerleading and dance, private piano lessons, SAT preparation and math tutoring for middle and high school students.

For the most current information about dates, go to www.riley.army.mil/Services/Family/CYS/MiddleSch/InstClasses.asp on the Web.

HOUSE FILL AD

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CLASSIFIED ADS





Travel & Fun in Kansas

Leisure time ideas

Manhattan:

What: "Recent Works" by Kari Lennartson. Art exhibit of bold abstract paintings that explore the various meanings of "home."

When: Through Sept. 2. Museum is open 10 a.m. to 5 p.m. Monday through Friday and 1 to 4 p.m. Saturday.

Where: Manhattan Arts Center, 1520 Poyntz Avenue
Admission: Free
Web site: www.manhattanarts.org

What: Purple Power Play on Poyntz. Pep rally to kick off

Kansas State University Wildcats' football season. Music, entertainment, and large fireworks display.

When: Aug. 31 through Sept. 1

Where: 3rd and Poyntz Avenue

Phone: (785) 537-9683

Web site: <http://www.downtown.manhattankans.org>

Abilene:

What: Woods Tea Company. Folk music group that adds humor and audience participation to their performances.

When: 2 p.m., Sept. 10

Where: Abilene High School auditorium

Admission: \$10. Tickets available through the Abilene Area Chamber of Commerce, (785) 263-1770.

Benton:

What: Chuckwagons of the West Jamboree. National three-day event featuring concerts, tours, golf outing, tributes and more. A musical jamboree that has been deemed "The Grand Daddy of Them All."

When: Sept. 25-27

Where: 15231 SW Parallel Road, The Prairie Rose and Wild

West World.

Phone: (316) 778-2121

Web site: <http://www.prairierosechuckwagon.com>

Atchison:

What: Fall Flea Market. Treasures galore in three parking lots.

When: Sept. 10

Where: 400-600 blocks of Main Street.

Phone: (913) 367-2427

Clay Center:

What: Piquette Fall Festival and Parade, 10K

run/walk, arts and crafts, food booths and kiddie parade.

When: Sept. 30

Where: Downtown

Phone: (785) 632-5674

Web site: <http://www.cckansas.org>

Salina:

What: Wheatland Cluster Dog Shows. The largest dog show in Kansas sponsored by three kennel clubs in one location. Competition for virtually every breed of dog along with obedience trials. There is also a multitude of dog merchandise available for sale.

When: Sept. 15-17

Where: 800 The Midway, Salina Bicentennial Center

Phone: (785) 826-7469 or (888) 826-7469

Topeka:

What: Inter-Tribal Pow Wow. Join the celebration of Native American culture with dancing in full costume and food and crafts by Native Americans artisans.

When: Sept. 1-3

Where: Lake Shawnee, Reynolds Lodge

Phone: (785) 272-5489

Service Directory
6 x 15.5"
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